

MAC Winter Invitational

Long Course

January 16 – 19, 2025



Markham Pan Am Pool

Brief Meet Information

MEET NAME	MAC Winter Invitational
DATE(s):	January 16-19,2025
HOSTED BY:	Markham Aquatic Club
LOCATION:	Markham Pan Am Pool, 16 Main Street, Unionville, ON
FACILITY:	10 lanes, 50 meters pool, Swiss Timing System
PURPOSE & DESCRIPTION:	<p>To provide racing opportunities Invitational Age Group Meet – 12& Under – MAC “E” “Time Standard, Timed Finals 13& Over (including Para swimmers) – MAC “E” Time Standard, Prelim & Finals A & B - MAC “D” “Time Standard for Distance Events, Timed Finals & Fastest Heat Final Swims Level 2 or above para swimmers base on 2024-2025 Para Invitational Recommendation Standards and limits to 50 & 100 events+ 200 Free and 200 IM The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.</p>
MEET PACKAGE:	<p>The only meet package which will be considered as valid must be the most current version found on www.swimming.ca and the Swimming Canada Registration and Event Management System (REMS). o Interim Process: Approved meet packages, event files and entries upload will be found HERE</p>
LAST UPDATE:	November 30, 2024 – change of session 1 warm up and start time

Competition Organizing Committee

ROLE	NAME	EMAIL	LEVEL
COMPETITION COORDINATOR(S):	Lisa Chow, Lea Chen, Khatija Mohamed + Adele Chester	officials@markhamaquaticclub.com	5
MEET MANAGER(S):	YY Wong + Stanley Liu + Ling Li (RHAC)	officials@markhamaquaticclub.com	
OFFICIALS COORDINATOR:	YY Wong	yywong@rogers.com	

Safety at Competitions

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

Only Swimming Canada registered active participants (swimmers, officials, certified coaches and support staff for the meet), facility personnel and authorized Swim Ontario personnel are allowed on deck during the competition.

All participants in this event are reminded that they are bound by Swimming Canada and Swim Ontario Policies and Procedures, including but not limited, to Swimming Canada’s General Code of Conduct, their Equity, Diversity and Inclusion Policy, their Harassment Policy and the [Swim Ontario Code of Conduct procedure](#) For more information

regarding the [Swim Ontario Policies and Procedures](#) or Safe Sport please visit the Swim Ontario website <https://www.swimontario.com/sport-safety> or www.swimming.ca/safesport

The [Swim Ontario Concussion Management](#) & [Swimming Canada Event Photography and Videography](#) and Swim Ontario Event Photography procedures will be in effect. For complete details click [HERE](#).
Every club and its participants are responsible for ensuring all facility rules and requirements are followed.

Competition Rules

Sanctioned as an Age Group Swimming Invitational by Swim Ontario.

All current [Swimming Canada rules](#) will be followed.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim Ontario provided the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

Please note that [Swimming Canada Competition Warm-Up Safety Procedures](#) and Swim Ontario warm-up safety rules will be in effect. Details [HERE](#)

AGE UP DATE:	The competitor’s age is as the first day of the competition January 16 ,2025
DIVE STARTS:	<p>As per the Facility Rules for Dive Starts, this competition Starts will be conducted as follows: from Starting Platforms (blocks) as per World Aquatics II.4.1 and II.16.1.4 from both ends</p> <p>and/or</p> <p>from the Deck or Bulkhead as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends</p> <p>and/or</p> <p>In-water starts will be conducted as per Canadian Facility Rule II.C4.1.1 and II.C16.1.4.1 from both ends</p>
d/DEAF AND HARD OF HEARING ACCOMMODATION :	<p>This competition can provide the following accommodations for swimmers who are d/Deaf and Hard of hearing:</p> <ul style="list-style-type: none"> ● non-verbal instruction provided by a support person from the swimmer’s own club, who is registered in the REMS as support staff. ● Visual Start hand signals given by the starter/referee. ● Visual Start Strobe Light options <ul style="list-style-type: none"> ○ Facility-Provided Strobe Light: An external strobe light is available at this facility ○ Personal Strobe Light: a personal strobe light from the swimmer’s own club may be used with advance notice to Meet Management to determine compatibility with the starter unit. <p>Clubs are to contact Meet Management by the <u>Entry Deadline</u> of the need for accommodations. Support Staff must be included in the submission of entries process.</p> <p>Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.</p>

Eligibility

All athletes must be registered as **Competitive** swimmers with Swimming Canada and possess a valid Swimming Canada registration number. Entries submitted without a valid registration number and active status in the Swimming Canada Registration and Event Management System (REMS) at the time of the competition will be denied entry. It is the responsibility of the swimmer's club to provide proof of active registration status in REMS.

- **Interim Process:** Swimmers that have registered with their clubs and are in the entry file are permitted to attend. Deck entries, if permitted, will only be for swimmers already in the meet.
- For any new swimmers without a Swimming Canada ID, clubs will need to keep meet management informed when a swimmer is assigned an ID once fully Active in REMS.

**ADDITIONAL
ELIGIBILITY
INFORMATION:**

This meet is an Open Invitational.
Preference will be given to the host club first.
Pre-competitive swimmers are welcome to attend without exceeding the maximum of 1 competition. Pre-competitive swimmers will compete as Exhibition and not be eligible for scoring or awards.

**COACH & SUPPORT
STAFF
REGISTRATION:**

Meet management will cross reference the **list of coaches submitted with entries** at this competition with the [Swim Ontario Compliance lists](#). If a coach is not on this list, meet management is obligated to enforce the Swimming Canada policy and not permit that coach to attend the meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.

- **Interim Process:** Clubs will ensure that all attending coaches has signed an agreement with the club (contract, volunteer agreement)

Swimmers must have a coach or designated coach (coach representative) in attendance during the meet including warm-up sessions.

Clubs needing Support Staff for Para or d/Deaf/Hard of Hearing swimmers must register them in the Swimming Canada Registration and Event Management System (REMS) to access the deck at competitions. Support Staff must have active REMS registration and be included in the club's event entry. Those not listed in the entry submission will be denied deck access.

- **Interim Process:** Clubs are to contact Meet Management by the Entry Deadline of the need for accommodations and provide the name(s) of the support staff.

**FOREIGN TEAMS /
COMPETITORS:**

The following applies to Teams and their competitors not affiliated with Swimming Canada. Swimmers registered as active with a Swimming Canada ID are considered domestic.

- Foreign Teams' / competitors' entries will not be accepted by the host club.
- Foreign Teams and their competitors are welcome, subject to the following provisions.
 - **Proof of TEAM Liability Insurance for a minimum of \$2,000,000 is required naming Swim Ontario on the Insurance certificate.**
 - All foreign competitors must be registered with an amateur swimming organization recognized by World Aquatics.
 - All foreign competitors and coaches must be duly registered and residents of the governing body for which they are competing.
 - All competitors and coaches must be in good standing with their respective governing swim body.
 - All foreign competitors and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the

	<p>Proof of Residence and Registration Status form to Swim Ontario no later than 7 days prior to start of competition along with the insurance certificate.</p> <ul style="list-style-type: none"> ○ Foreign Team entries are not to be accepted by the host club until Swim Ontario approval.
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Entry Process

ENTRY SUBMISSIONS:	<p>Entries must be submitted through the Swimming Canada Registration and Events System (REMS) and must include all attending coaches and support staff.</p> <ul style="list-style-type: none"> ○ Interim Process: Entries. Clubs will submit entries via an online form found HERE <p>Meet management will:</p> <ul style="list-style-type: none"> ● not accept entries via email; ● notify clubs within 48 hours of the online entry deadline regarding any rejected entries or required changes to entries; ● notify clubs of any meet format changes or designated warm-up times at least 5 days (for TIER II sanctions) and 10 days (for TIER III & IV sanctions) prior to the start of the competition <p>Failure to inform management of a no-show / scratch prior to the deadline for changes to entries will result in loss of entry fees. Meet Management reserves the right to further limit individual swims per session and to limit heats if necessary to keep session times to within 4.5 hours.</p>
ENTRY DEADLINE:	<p>The online entry deadline is December 20,2024 Friday Changes to entries will be accepted until December 27, 2024 Friday</p>
ENTRY FEE:	<p>The following fees will apply for this competition: Individual Events: \$15 for below 200M events; \$20 for 400, 800 & 1500 Events Relay Events: \$25 Swimmer Fee: \$5 Payment Method: Please make the cheque payable to Markham Aquatic Club or by e transfer</p>
ENTRY LIMITS:	<p>The following limits are in place for this competition: The maximum number of participants per session is 760 The maximum number of entries per swimmer per session is Thursday - 1 event Friday, Saturday and Sunday - 3 events + 1 relay per session</p>
RELAY ENTRIES:	<p>Teams may move up no more than two (2) swimmers from a younger age category to fill a relay. A mixed relay must have 2 girls and 2 boys. No other combination is allowed. The first leg of a mixed relay is not an official time. Requests for official splits are not allowed for mixed relays. Relay swimmers must be entered in a non-relay event in order to compete.</p>
ENTRY TIMES & CONVERSION:	<p>No Time (NT) entries are not permitted. Estimate entry times are accepted. All entries are to be submitted in LCM times. Entry Times can be converted (i.e. SCM to LCM), please use the HY-TEK default conversion factor to convert LCM times to SCM times at 2% before submitting entries. Entries must be submitted using provable times (not converted), recorded during the qualifying period. Please submit times in the course achieved. Times achieved since (Qualifying Period): June 1, 2023 Times will not be converted by meet management.</p>

Qualifying standard for entry is:	<p>12& Under (including Para Swimmers) – MAC “E” Time Standard, Timed Finals 13& Over (including para swimmers) – MAC “E” Time Standard, Prelim & Finals A & B - MAC “D” Time Standard for Distance Events, Timed Finals & Fastest Heat Final Swims Level 2 or above para swimmers base on 2024-2025 Para Invitational Recommendation standards and limits to 50 & 100 events + 200 Free and 200 IM The Markham Aquatic Club reserves the right to allow all of its swimmers to enter this meet regardless of the time standards.</p>
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Schedule of Sessions

<u>Session #</u>	<u>Date</u>	<u>Warm-up period (i.e. 1:00pm-1:50pm)</u>	<u># of warm-ups</u>	<u>Start of session</u>	<u>Approx. Finish of session</u>	<u>Time Final/Heats /Finals</u>
1 A	Thursday AM January 16, 2025	11:00 AM – 11:30 PM 11 & Over	1	11:35 PM	3: PM	Time Final
1B	Thursday PM	4:00 PM - 4:30 PM		4:35 PM	8:30 PM	
2	January 17, 2025 Friday AM	7:30 AM – 8:30 AM 13 & Over	2	8:35AM	1:05 PM	Prelim
3	January 17, 2025 Friday PM	1:15 PM – 1:45PM 12 & Under	1	1:50 PM	5:00 PM	Time Final
4	January 17, 2025 Friday Evening	5:15 PM – 5:55 PM 13 & Over	1	6:00 PM	7:35 PM	Finals
5	January 18, 2025 Saturday AM	7:30 AM – 8:30AM 13 & Over	2	8:35AM	1:05 PM	Prelim
6	January 18, 2025 Saturday PM	1:15 PM – 1:45 PM 12 & Under	1	1:50 PM	5:00 PM	Time Final
7	January 18, 2025 Saturday Evening	5:15 PM – 5:55 PM 13 & Over	1	6:00 PM	7:35PM	Finals
8	January 19, 2025 Sunday AM	7:30 AM – 8:30 AM 13 & Over	2	8:35AM	1:05 PM	Prelim
9	January 19, 2025 Sunday PM	1:15 PM – 1:45PM 12 & Under	1	1:50PM	5:00 PM	Time Final
10	January 19, 2025 Sunday Evening	5:15 PM – 5:55 PM 13 & Over	1	6:00 PM	8:00PM	Finals

**Meet Management reserves the right to change the warm-up session times and 2 warm ups will be split by Club
 For the Finals warm-up, only finalists will be permitted for warm up.**

**Diving lanes will be open for the last 10 minutes of warm up – one-way swimming
 – West End Lane 0, 2, 4 and East End Lane 1, 3, 5;**

Back Stroke Ledge will be located at West End Lane 0 during warm up.

Meet Format & Administration

MIXED-GENDER:	An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.
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	<p>In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee ensures that the swimmer competes with competitors of the same gender for his/her heat.</p> <p>In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers.</p>
SEEDING:	<p>After all times are converted as pursuant to the conversion process: Seeding for Timed Final events will be in order of entry times, slowest to fastest. Swimmers entered with NT (no time) will be seeded last.</p> <p>With the exception of Distance Events and Relay events which will be seeded fastest to slowest. Preliminary heat events will be seeded as per 3.1 with fastest 3 heats circle seeded for all preliminary events.</p>
DECK ENTRIES:	<p>All accepted Deck Entries are Exhibition Only and are not eligible for scoring or awards. No new heats will be created for deck entries (only empty lanes, if available). The following are the Deck Entry Rules for this competition:</p> <p>Only event deck entries are permitted for swimmers already entered in the competition.</p> <p>Fee: \$25 payable in cash to Admin Desk prior to the event</p> <p>Swimmer Deck entries are NOT permitted if they have not already entered in the competition.</p>
RELAY NAME SUBMISSION:	<p>Relay Cards or Forms must be returned to the Admin Desk.</p> <p>Relay Cards are available at Meet Management Office The Relay Name submission deadline is 30 mins before the start of the session.</p>
SCRATCHES & POSITIVE CHECK IN RULES:	<p>The following are the Scratch deadlines for this competition.</p> <p>Scratches for Prelim/ Heats are to be made at the Admin Desk 30 minutes prior to the start of each session.</p> <p>Positive check-in deadline is to be made at the Admin Desk 30 minutes prior to the start of each session for the following Distance events – 400/800/1500 and Relay Events</p> <p>A scratch deadline will apply for finals: 30 minutes following the posting of results of last event of prelims sessions (excluding time final events) at the Admin Desk</p>
PENALTIES:	<p>No penalty shall be imposed for late or day of scratches and No-Shows</p> <p>Failure to participate in an event with a scratch or checkin deadline will result in following penalty: Scratching from Finals after the final scratch deadline or failure to participate in an individual final event will result in a \$50 FINE for each offence (applies to initially named finalists and alternates swimming in the finals). All fines will be invoiced to the club by Markham Aquatic Club.</p>
SWIM OFFS	<p>All swim-offs are to be run during or at the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials</p>
FINALS:	<p>There will be an “A” & “B” final for all 100 m and 200m events + 50 Free There will be an “A” final only for 50m fly, back, breast. 400 Free, 400 IM, Relay events fastest heat swim at Finals. The finals sessions will run A final followed by B final. All ‘A & B Finals’ swimmers + alternates are required to check in with the Admin Desk at Marshalling area 10 minutes prior to each FINALS swim</p>

OFFICIAL SPLIT TIMES:	<p>Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee at least 30 minutes prior to the commencement of the session in which the event will take place.</p> <p>Official Split Forms are available at the Admin Desk. Not all Official Split requests can be accommodated.</p>
RECORDS:	<p>Swim times achieved at this competition will be eligible for Provincial and National Records. Swim Ontario has a certified pool length survey for the aforementioned swimming pool.</p>
MEET RESULTS:	<p>Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca Unofficial mobile applications results will be available. Unofficial Live Results will be available. o Interim Process: Competition Results Interim Process</p>
SCORING:	<p>The following will be scored: Individual Events - 20, 19, 18, 17, 16, 15, 14,13, 12, 11, 10, 9, 8,7,6,5,4,3,2,1 Relay Events – 40,38,36,34,32,30,28,26,24,22,20,18,16,14, 12,10,8,6,4,2 Individual High Point for age group 13-14 and 15 & Over: 5,2,1</p>
AWARDS:	<p>Medals from 1st to 3rd for age groups 10 & under, 11- 12, 13 - 14 and 15 & over Relay from 1st to 3rd for age groups 12 & U and 13 & Over Individual High Point Winner for age groups 13 - 14 and 15 & Over</p> <p>Team High Point Winner Coaches please pick up awards prior to leaving – awards will NOT be mailed.</p>
Hospitality:	<p>Grab and go lunch boxes will be provided to those coaches and officials working back-to-back sessions</p>
Officials:	<p>If any registered officials from each attending club are interested in officiating, please send an email to yywong@rogers.com</p>
ADDITIONAL INFORMATION:	<p>Onsite Parking is limited. Extra parking space will be available at Unionville GO Station. All swimmers, coaches and volunteers/ officials are to wear footwear when in the hallways and to wear indoor/deck shoes when in pool area. Lockers are available but limited; please bring your own lock.</p> <p>NO FOOD or DRINK ON DECK except for water. There are 2 fill stations and fountains on the pool deck. Concession vendor is available at the Lobby. Nearby Amenities:</p> <ul style="list-style-type: none"> • Restaurants • Grocery Stores (T&T and Whole Foods have readymade food) • Tim Hortons

SCHEDULE OF EVENTS:

Session 1 A (Fast Heat)/ 1 B (Slow Heat) – Thursday PM January 16, 2025

Warm up: 12:00 PM – 12:30 PM; Start: 12:35PM

Alternating Heat for Event 1 & 2

	Girls	Events	Boys
Session 1A	1	Mixed 11 & Over 800 Free ** (Fast Heat)	1
	2	Mixed 13 & Over 1500 Free ## (Fast Heat)	2
		30 minutes Warm up for Slow Heat	
Session 1 B	1	Mixed 11 & Over 800 Free ** (Slow Heat)	1
	2	Mixed 13 & Over 1500 Free ## (Slow Heat)	2

Meet Management reserves the right to limit heats to keep session within time constraints.

Meet Management reserves the right to change warm-up session times and 2 warm ups will be split by club.

** 800 Free Officials splits for 400 M and 1500 Free ## Officials splits for 800 M

- No Diving lanes will be open during warm up
- Positive check in is required 30 minutes before start of session for 800 and 1500 events

SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

400 Free may limit to top 6 heats, fastest 2 heats swim at Finals

*400 IM may limit to top 6 heats to keep session within time constraints, fastest 2 heats swim at Finals

Meet Management reserves the right to limit heats to keep session to within time constraints

** Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session within time constraints . Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

SESSION 2 – FRIDAY MORNING January 17, 2025

Warm up - 7:30 AM – 8:30AM Start – 8:35 AM

Girls	Events	Boys
3	13 & Over 400 Freestyle # ** (may limit to top 6 heats) Fastest 2 Heats swims at Finals	4
5	13 & Over 200 IM	6
7	13 & Over 50 Freestyle	8
9	13 & Over 100 Backstroke	10
11	**13 & Over 4 X50 Freestyle Relay Fastest Heats swim at Finals	12

SESSION 3 – FRIDAY AFTERNOON January 17, 2025

Warm up - 1:15 PM -1:45PM Start – 1:50 PM

Girls		
13	12 & Under 400 Freestyle #	14
15	12 & Under 200 IM	16
17	12 & Under 50 Freestyle	18
19	12 & Under 100 Backstroke	20
21	**12 & Under 4 X50 Freestyle Relay	22

SESSION 4 – FRIDAY EVENING January 17, 2025

Warm up - 5:15 PM -5:55PM Start – 6:00 PM

Girls	Events	Boys
3	13 & Over 400 Freestyle (Fastest 2 Heats)	4
5	13- 14 Years Old 200 IM (A & B Finals)	6
	15 & Over 200 IM (A & B Finals)	
7	13 - 14 Years Old 50 Freestyle (A & B Finals)	8
	15 & Over 50 Freestyle (A & B Finals)	
9	13 - 14 Years Old 100 Backstroke (A & B Finals)	10
	15 & Over 100 Backstroke (A & B Finals)	
11	13 & Over 4 X 50 Freestyle Relay (Fastest Heat)	12

SESSION 5 – SATURDAY MORNING January 18, 2025

Warm up - 7:30 AM – 8:30AM Start – 8:35 AM

Girls	Events	Boys
23	13 & Over 400 IM * ** (may limit to top 6 heats) Fastest Heat swims at Finals	24
25	13 & Over 50 Backstroke	26
27	13 & Over 100 Butterfly	28
29	13 & Over 200 Freestyle ##	30
31	13 & Over 100 Breaststroke	32
33	**13 & Over 4 X50 Medley Relay Fastest Heats swims at Finals	34

SESSION 6 – SATURDAY AFTERNOON January 18, 2025

Warm up - 1:15 PM – 1:45PM Start – 1:50 PM

Girls	Events	Boys
35	12 & Under 400 IM *	36
37	12 & Under 50 Back	38
39	12 & Under 100 Butterfly	40
41	12 & Under 200 Freestyle ##	42
43	12 & Under 100 Breaststroke	44
45	**12 & Under 4 X50 Medley Relay	46

SCHEDULE OF EVENTS

Backstroke ledges will be available for use. Swimmers shall be responsible for setting up the device

400 Free may limit to top 6 heats, fastest 2 heats swim at Finals

*400 IM may limit to top 6 heats to keep session within time constraints, fastest 2 heats swim at Finals

Meet Management reserves the right to limit heats to keep session to within time constraints

** Meet Management reserves the right to move the relay to swim at FINALS or to cancel the relay to keep session within time constraints. Positive check in is required 30 minutes before start of session for 400, 800 and 1500 events

All 50 Events start at WEST END

SESSION 7 – SATURDAY EVENING January 18, 2025

Warm up - 5:15 PM – 5:55PM Start –6:00 PM

Girls	Events	
23	13 & Over 400IM (Fastest Heat)	24
25	13 - 14 Years Old 50 Backstroke (A Finals)	26
	15 & Over 50 Backstroke (A Finals)	
27	13- 14 Years Old 100 Butterfly (A & B Finals)	28
	15 & Over 100 Butterfly (A & B Finals)	
29	13-14 Years Old 200 Freestyle (A& B Finals)	30
	15 & Over 200 Freestyle (A & B Finals)	
31	13- 14 Years Old 100 Breaststroke (A & B Finals)	32
	15 & Over 100 Breaststroke (A & B Finals)	
33	**13 & Over 4 X50 Medley Relay (Fastest Heat)	34

SESSION 8 – SUNDAY MORNING January 19, 2025

Warm up - 7:30 AM – 8:30AM Start – 8:35 AM

Girls	Events	Boys
47	13 & Over 200 Backstroke	48
49	13 & Over 50 Butterfly	50
51	13 & Over 200 Breaststroke	52
53	13 & Over 100 Freestyle	54
55	13 & Over 50 Breaststroke	56
57	13 & Over 200 Butterfly	58
59	**13 & Over 4 X100 Freestyle Relay Fastest Heats swims at Finals	60

SESSION 9 – SUNDAY AFTERNOON January 19, 2025

Warm up - 1:15 PM – 1:45PM Start – 1:50 PM

Girls	Events	Boys
61	12 & Under 200 Backstroke	62
63	12 & Under 50 Butterfly	64
65	12 & Under 200 Breaststroke	66
67	12 & Under 100 Freestyle	68
69	12 & Under 50 Breaststroke	70
71	12 & Under 200 Butterfly	72
73f	**12 & Under 4 X100 Freestyle Relay	74

SESSION 10 – SUNDAY EVENING January 19, 2025

Warm up - 5:15 PM – 5:55PM Start –6:00 PM

Girls		
47	13 - 14 Years Old 200 Backstroke (A & B Finals)	48
	15 & Over 200 Backstroke (A & B Finals)	
49	13 - 14 Years Old 50 Butterfly (A Finals)	50
	15 & Over 50 Butterfly (A Finals)	
51	13- 14 Year Olds 200 Breaststroke (A & B Finals)	52
	15 & Over 200 Breaststroke (A & B Finals)	
53	13 -14 Years Old 100 Freestyle (A & B Finals)	54
	15 & Over 100 Freestyle (A & B Finals)	
55	13- 14 Years Old 50 Breaststroke (A Finals)	56
	15 & Over 50 Breaststroke (A Finals)	
57	13-14 Year Olds 200 Butterfly (A& B Finals)	58
	15 & Over 200 Butterfly (A & B Finals)	
59	**13 & Over 4 X100 Freestyle Relay (Fastest Heat)	60

APPENDIX A – QUALIFYING STANDARDS

13 & Over – Qualifying times are MAC Age Group - “E” Time Standard, Prelim/Finals A & B

13 & Over –MAC Age group - “D” Times Standard for Distance Events, Timed Finals, fastest heat swims at Finals

12 & Under – Qualifying Times are MAC Age Group - “E” Time Standard, All events are Timed Finals

12 & Under – MAC Age Group - “E” Times Standard for Distance Events, Timed Finals

Level 2 and above Para Swimmers base on 2024-2025 Para Invitational recommendation Standards and limit to 50

+ 100 Events and 200 Free and 200 IM

https://admin.swimontario.com//documents/764/PARA_Invitational_Recommendation.pdf

Markham Aquatic Club (MAC) Age group “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
10 Years	11 Years	12 Years			10 Years	11 Years	12 Years
45.76	40.51	38.60	Free	50	45.52	40.84	37.73
1:41.46	1:28.62	1:23.56		100	1:43.45	1:29.88	1:22.92
3:43.50	3:13.69	3:02.29		200	3:50.23	3:17.48	3:01.02
7:48.16	6:56.40	6:29.41		400	8:00.08	7:04.12	6:30.70
-----	14:13.24	13:11.21		800	-----	14:52.48	13:21.34
1:56.04	1:41.90	1:35.57	Back	100	1:59.35	1:43.16	1:36.84
4:10.66	3:37.74	3:25.08		200	4:22.58	3:42.80	3:25.70
2:11.30	1:57.73	1:50.77	Breast	100	2:16.60	2:00.26	1:50.14
4:11.93	4:11.93	3:56.72		200	4:23.32	4:23.32	3:56.72
2:02.66	1:45.70	1:38;10	Butterfly	100	2:08.65	1:48.86	1:37.48
4:03.06	4:03.06	3:42.80		200	4:32.17	4:32.17	3:46.60
4:14.47	3:42.34	3:29.48	IM	200	4:18.50	3:44.92	3:29.48
-----	7:48.40	7:20.82		400	-----	8:20.04	7:29.82

APPENDIX A – QUALIFYING STANDARDS

13 & Over – Qualifying times are MAC Age Group - “E” Time Standard, Prelim/Finals A & B

13 & Over –MAC Age Group - “D” Times Standard for Distance Events, Timed Finals, fastest heat swims at Finals

12 & Under – Qualifying Times are MAC Age Group - “E” Time Standard, All events are Timed Finals

12 & Under – MAC Age Group - “E” Times Standard for Distance Events, Timed Finals

Level 2 and above Para Swimmers base on 2024-2025 Para Invitational recommendation Standards and limit to 50 + 100 Events and 200 Free and 200 IM

https://admin.swimontario.com//documents/764/PARA_Invitational_Recommendation.pdf

Markham Aquatic Club (MAC) Age GROUP “E” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
35.03	34.40	33.90	Free	50	33.23	32.24	31.66
1:15.85	1:14.23	1:13.42		100	1:12.73	1:10.24	1:08.58
2:44.76	2:41.15	2:40.68		200	2:39.29	2:34.45	2:29.44
1:25.61	1:24.14	1:22.93	Back	100	1:22.93	1:20.66	1:18.56
3:04.76	3:00.07	2:58.08		200	2:59.22	2:54.76	2:50.70
1:38.09	1:36.91	1:36.17	Breast	100	1:35.23	1:31.74	1:30.72
3:31.30	3:28.66	3:28.03		200	3:25.58	3:20.03	3:17.18
1:25.38	1:24.05	1:22.76	Butterfly	100	1:22.91	1:19.45	1:16.98
3:13.92	3:10.50	3:09.02		200	3:07.04	3:03.35	2:58.38
3:08.92	3:03.68	3:01.79	IM	200	3:01.80	2:55.24	2:50.78

Markham Aquatic Club (MAC) AGE GROUP “D” TIME STANDARD (LONG COURSE)

Female			Stroke	Distance	Male		
13 Years	14 Years	15 & Over			13 Years	14 Years	15 & Over
5:35.80	5:26.93	5:25.11	Free	400	5:26.72	5:16.54	5:07.88
11:33.68	11:23.48	11:16.89		800	11:22.24	11:04.30	10:44.75
22:09.51	21:49.96	21:35.15		1500	21:56.05	21:13.56	20:36.09
6:22.55	6:19.29	6:08.74	IM	400	6:10.87	6:01.08	5:55.40